



42501

Educational Training Efficacy Quiz

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1. Your brain is made up of thousands of tiny:

- ☐ nerve cells (1)
- ☐ muscles (2)
- ☐ fat cells (3)
- ☐ don't know (77)

Shade ovals like this : 
Not like this:  

2. Nerve cells send signals to each other by using:

- ☐ blood (1)
- ☐ water (2)
- ☐ chemicals (3)
- ☐ don't know (77)

3. An important brain chemical that is related to schizophrenia is called:

- ☐ adrenaline (1)
- ☐ dopamine (2)
- ☐ nicotine (3)
- ☐ don't know (77)

4. Symptoms of schizophrenia (including hearing voices) are caused by:

- ☐ too much dopamine (1)
- ☐ too little dopamine (2)
- ☐ too much blood (3)
- ☐ don't know (77)

5. You can have unusual thoughts or become paranoid when there is:

- ☐ too much information being sent to your nerve cells (1)
- ☐ too little information being sent to your nerve cells (2)
- ☐ no information being sent to your nerve cells (3)
- ☐ don't know (77)

6. How do medications help to reduce symptoms of schizophrenia?

- ☐ they block dopamine (1)
- ☐ they increase the amount of dopamine (2)
- ☐ they destroy nerve cells so they can't send their signals (3)
- ☐ don't know (77)



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7. How does alcohol affect the information that is sent to the nerve cells in the brain?

- ☐ alcohol increases the amount of dopamine in nerve cells (1)
- ☐ alcohol decreases the amount of dopamine in nerve cells (2)
- ☐ alcohol has no effect on the amount of dopamine in nerve cells (3)
- ☐ don't know (77)

8. Which of these symptoms can be made worse by drinking alcohol:

- ☐ hallucinations (hearing voices and seeing things) (1)
- ☐ delusions (unusual thoughts and feeling paranoid) (2)
- ☐ both of the above (3)
- ☐ don't know (77)

9. If you have schizophrenia and you drink alcohol, your symptoms will:

- ☐ get better (1)
- ☐ stay the same (2)
- ☐ get worse (3)
- ☐ don't know (77)

10. What is a habit?

- ☐ Something that a person doesn't do very often. (1)
- ☐ Something that a person does automatically without really thinking about it. (2)
- ☐ Something that a person has a hard time doing. (3)
- ☐ don't know (77)

11. A strong urge or need to use alcohol is called a:

- ☐ skill (1)
- ☐ symptom (2)
- ☐ craving (3)
- ☐ don't know (77)

12. How long does a person have to wait for a craving to stop?

- ☐ A craving will stop after 7 to 10 minutes without using. (1)
- ☐ A craving stops within 10 seconds without using. (2)
- ☐ A craving never stops unless a person uses drugs. (3)
- ☐ don't know (77)



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13. A situation or feeling that causes someone to drink alcohol almost automatically is called a:

- ☐ trigger (1)
- ☐ nerve cell (2)
- ☐ medication (3)
- ☐ don't know (77)

14. As more time passes without drinking alcohol, the number of cravings a person has will:

- ☐ stay the same (1)
- ☐ increase (2)
- ☐ decrease (3)
- ☐ don't know (77)

15. Which of the following could be a trigger to use alcohol?

- ☐ feeling angry or upset (1)
- ☐ smelling beer or cocaine (2)
- ☐ both of the above (3)
- ☐ don't know (77)

16. What is a high-risk situation?

- ☐ A situation in which it is easy to say no to using alcohol or drugs. (1)
- ☐ A situation that you can handle without using alcohol or drugs. (2)
- ☐ A situation in which there are many triggers for alcohol or drug use. (3)
- ☐ don't know (77)

17. Which of the following is a high-risk situation?

- ☐ You meet friends you used to use drugs with in your favorite hang-out. (1)
- ☐ You see your old drug dealer on the corner as you are walking down the street. (2)
- ☐ Both of the above. (3)
- ☐ don't know (77)

18. What is a good to do when you are in a situation where people are drinking alcohol and you don't want to drink?

- ☐ Go into the situation to see if you can handle it without using. (1)
- ☐ Avoid the situation (don't go into the high-risk situation) (2)
- ☐ Go into the situation but only for a minute (3)
- ☐ don't know (77)



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19. If you find yourself in a situation where people are drinking and you don't want to drink, what can you do if a person offers you alcohol?

- ☐ Refuse the alcohol when it is offered to you. (1)
- ☐ Escape or leave the situation. (2)
- ☐ Both of the above. (3)
- ☐ don't know (77)

20. Which of the following are true about HIV?

- ☐ HIV is a virus that does not go away once it is in the person's body. (1)
- ☐ Someone can have HIV for a long time without being sick (2)
- ☐ Both of the above (3)
- ☐ don't know (77)

21. How can a person get HIV?

- ☐ Through the air, by breathing in the virus. (1)
- ☐ Through the water, by drinking contaminated water. (2)
- ☐ Through body fluids like blood, semen, or vaginal fluid. (3)
- ☐ don't know (77)

22. Which of the following are true about HIV?

- ☐ There is no cure once you have it. (1)
- ☐ You can't pass HIV on to someone else. (2)
- ☐ Even if you have HIV, you will never get AIDS (3)
- ☐ don't know (77)

23. Which of the following are risky sexual behaviors that can lead someone to get HIV?

- ☐ Having unsafe sex. (1)
- ☐ Having sex with prostitutes because they have had a lot of partners. (2)
- ☐ Both of the above. (3)
- ☐ don't know (77)

24. Getting drunk is a risky behavior that can lead someone to get HIV because:

- ☐ People get HIV from drinking alcohol. (1)
- ☐ Using makes it easier to make bad decisions about sex and other drug use. (2)
- ☐ There is nothing risky about getting drunk. (3)
- ☐ don't know (77)



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25. Which of the following does NOT work to protect you from HIV:

- ☐ washing after sex (1)
- ☐ pulling out during sex (2)
- ☐ both of the above (3)
- ☐ don't know (77)

26. Lubricants used with a condom must be made of:

- ☐ water (1)
- ☐ oil (2)
- ☐ latex (3)
- ☐ don't know (77)

27. If you and a partner want to have sex, what should you tell your him/her if you want to have safe sex?

- ☐ I want to use a condom. (1)
- ☐ I don't have sex if it's not safe. (2)
- ☐ Both of the above. (3)
- ☐ don't know (77)

28. Fred always drinks beer when his friend Juan comes by with a six pack to share. A good treatment goal for Fred would be:

- ☐ Never see Juan again. (1)
- ☐ Tell Juan to come back when he doesn't have any beer. (2)
- ☐ Let Juan in but don't use alcohol with him. (3)
- ☐ don't know (77)

29. What influences blood alcohol concentration?

- ☐ body weight. (1)
- ☐ eating while drinking. (2)
- ☐ Both of the above. (3)
- ☐ don't know (77)



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30. What is tolerance?
- ☐ The ability to drink more without feeling the effects. (1)
 - ☐ Feeling sick when you stop drinking. (2)
 - ☐ Being able to leave a situation without drinking. (3)
 - ☐ don't know (77)
31. How does drinking alcohol affect the brain?
- ☐ Alcohol destroys cells in the brain. (1)
 - ☐ Alcohol increases the number of cells in the brain. (2)
 - ☐ Alcohol protects cells in the brain. (3)
 - ☐ don't know (77)
32. How does heavy drinking affect blood pressure?
- ☐ Heavy drinking causes blood pressure to increase. (1)
 - ☐ Heavy drinking causes blood pressure to decrease. (2)
 - ☐ Heavy drinking does not affect blood pressure. (3)
 - ☐ don't know (77)
33. How does heavy drinking affect the liver?
- ☐ Heavy drinking increases the risk of cirrhosis of the liver (death of liver tissue). (1)
 - ☐ Heavy drinking decreases the risk of cirrhosis of the liver. (2)
 - ☐ Heavy drinking is unrelated to cirrhosis of the liver. (3)
 - ☐ don't know (77)
34. How does heavy drinking affect sexual functioning?
- ☐ Heavy drinking improves sexual functioning. (1)
 - ☐ Heavy drinking impairs sexual functioning. (2)
 - ☐ Heavy drinking has no effect on sexual functioning. (3)
 - ☐ don't know (77)
35. Drinking alcohol is related to:
- ☐ homicides and suicides (1)
 - ☐ accidents, injuries and early death (2)
 - ☐ all of the above (3)
 - ☐ don't know (77)